

## Ankle Sprain

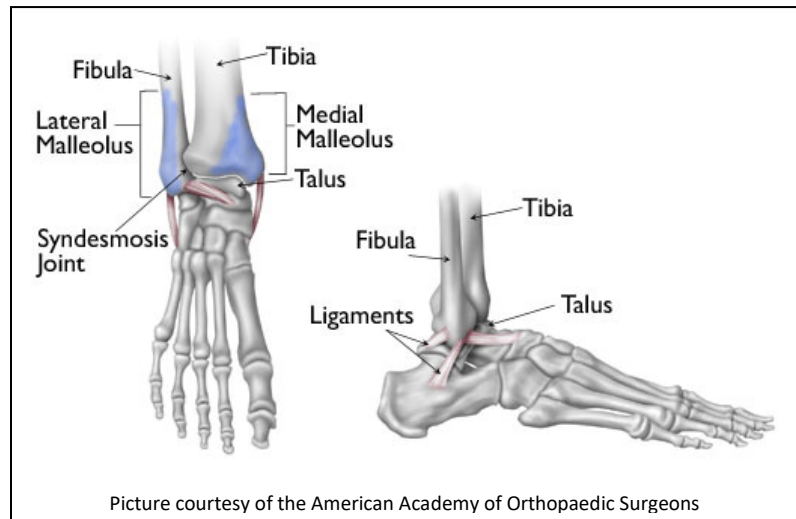
An ankle sprain is a very common injury, and most often involves the ligaments on the outside (lateral) aspect of the ankle. The injury can vary in severity and may only involve select ligaments. This can happen during a wide range of activities; however most commonly occur in basketball, football, lacrosse, or stepping in a hole or off of a high curb. Most people report “twisting” or “rolling” their ankle at the time of the injury.

Symptoms typically include:

- Pain on the outside of the ankle
- Swelling
- Bruising
- Difficulty weight-bearing

Typical Treatments Include:

- Rest
- Ice
- Compression
- Elevation
- Oral/topical non-steroidal anti-inflammatories
- Physical therapy
- Crutches
- Walking boot



To accurately diagnose the cause of your ankle pain, we will obtain x-rays to ensure there is no fracture and perform a physical examination. An MRI may be ordered to determine the severity of the injury. Typically, these injuries will heal without surgical intervention. Physical therapy plays an essential role in strengthening the muscles around the ankle to prevent chronic ankle instability. We may suggest wearing an ankle brace while playing sports following a sprain to decrease rate of recurrence.

*Disclaimer: This is not considered medical advice. Please see your healthcare provider for diagnosis of injury or illness*